

Don't Step On My Soul

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Anita McNab (CAN)
音樂: 40 Days and 40 Nights - Tim McGraw



GRAPEVINE RIGHT, TWIST HEELS STARTING LEFT

1-4 Step right to side, left behind, right to side, touch left beside right
5-8 Twist both heels first to the left, right, left, then right, (keep weight on right)

GRAPEVINE LEFT, TWIST HEELS STARTING RIGHT

9-12 Step left to left side, right behind, left to side, touch right beside left
13-16 Twist both heels first to the right, left right, then left (keep weight on left)

STEP HITCH FORWARD

17-18 Step forward on right, hitch left knee in air (keep low to floor, fake hop for low impact)
19-20 Step forward on left, hitch right knee in air (keep low to floor, fake hop for low impact)
21-24 Repeat 17- 20

TWO CROSS BOXES (WITH ¼ TURN TO RIGHT ON SECOND CROSS BOX)

25-26 Cross right in front of left, step weight back onto left
27-28 Step right beside left, step on left in place
29-30 Cross right in front of left, step weight back onto left
31-32 Pivot ¼ turn to right, step on right, step on left in place (weight is on left)

You can always adapt this for seniors by eliminating the cross boxes if they can't do it, and just have them

25-26 Step side right, touch left beside
27-28 Step side left, touch right beside
29-30 ¼ turn to right on right, touch left beside
31-32 Step side left, touch right beside

REPEAT
